



**I WILL NEVER QUIT™ WORKOUT No. 16**

**“A PROFESSIONAL IS AN AMATEUR WHO DIDN'T QUIT.”**

**PART 1: INTERVALS**

REPEAT 5 TIMES

2 MINUTES AT WARM-UP PACE

2 MINUTES AT TRAINING PACE

2 MINUTES AT RACE PACE

2 MINUTES WALK

\*WHILE WALKING FOR 2 MINUTES USE THIS AS AN “EYES UP” VISUALIZATION PRACTICE TIME FOR WHATEVER YOUR OPERATING ENVIRONMENT MAY BE

**PART 2: FIGHT FOR LIFE**

REPEAT 10 TIMES

100 PUNCHES IN COMBINATION

REST 30 SECONDS

**PART 3: OVERALL BODY STRETCH (HOLD EACH STRETCH FOR AT LEAST 30 SECONDS)**

**TODAY'S KNOWLEDGE:** IF YOU ARE ONE OF THOSE PEOPLE WHO ABSOLUTELY FEELS YOU CANNOT LIVE WITHOUT SUGAR, THEN PUT SUGAR TO USE FOR YOU. THE BEST TIME TO CONSUME ANY FORM OF SUGAR OR SWEETS IS RIGHT AFTER YOUR WORKOUT WHEREAS YOUR BODY IS LIKELY TO CONVERT IT TO GLUCOSE FOR ENERGY STORAGE.